Altered States of Consciousness



Any state to Consciousness that is significantly different to NWC in experience and level of awareness

Distortions of Perception & Cognition (thought)

* Sensations can become vivid, dulled or not experienced at all
* Can sometimes hallucinate – perceive what does not exist
* Sometimes perception so distorted people cal have out of body experiences, or lose sense of their identity
* People often experience disorganised thought – illogical, lacking in sequence
* Also difficulty problem solving and remembering

Disturbed sense of time

* In an ASC time is experienced at a different speed than in NWC. Eg sleeping, daydreaming

Changes in emotional awareness

* Emotions are experienced differently during an ASC.
* Emotions may be heightened or dulled, - happier or sadder.
* Being in an ASC may cause emotions to be expressed inappropriately.

Changes in self control

* Our ability to maintain self control may be raised or lowered during an ASC
* Lowered inhibitions displayed by people affected by alcohol.
* May gain greater self control under hypnosis e.g. conquering addictions.